

# STARTING UP

TRANSFORMATION

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JOINT DECISION MAKING

DEMOCRATIC GOVERNANCE

SELF ORGANIZING

**BUSSE**  
building up social & solidarity economy



# STARTING UP

Social Solidarity Economy (SSE) is about “real utopia”. Explore existing alternatives, copy them, develop them, invent a new approach.

- **Learn from case studies:**

Look out for good practices and ones that failed: on the internet, by contacting projects and enterprises.

- **Take part in field visits:**

Visiting “practices” is always inspiring. Talk to real people involved in a SSE initiative! Be clear which aspects you would like to learn about.

- **Organize democratic meetings:**

They are at the center of SSE. Once you have a community, discuss what makes meetings democratic and effective.

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**Building Up Social Solidarity Economy** is an Erasmus+ project focused on disseminating SSE know-how and practices in Central and Eastern Europe. To read more and download training material on Starting up SSE, Community Building, Cooperatives, and Food Sovereignty visit [socioeco.org/busse](http://socioeco.org/busse)

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# COMMUNITY BUILDING



# COMMUNITY BUILDING

To ensure healthy development, sustainability and resilience of a social and solidarity economy (SSE) enterprise it has to be supported by building a community around it. Building a community creates lasting bonds between members and ensures the commitment needed to develop an economic model that is based on people's needs and a common good. In SSE, it is the people, their skills and knowledge, that are at the centre.

- **Learn to work together.** A community is processual and continually in flux. Foster the ability of everyone to articulate their views, attitudes, and needs and create procedures to address conflict and disagreement.
- **Know your Community.** Find out who are the people in and around your community and choose the best ways to approach them.
- **Reach out.** Besides working on communication and relations within the community remember to reach out for new members and look for alliances among other social actors and relevant movements.

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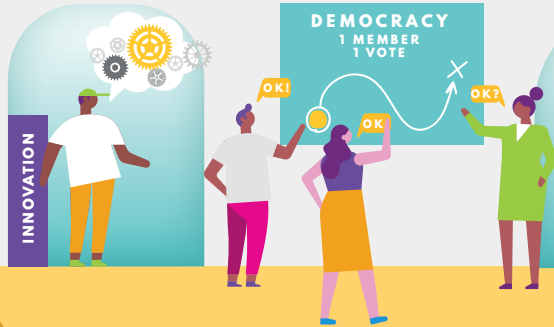
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# COOPERATIVES



# CO-OPERATIVES

A co-operative (co-op) is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise. The co-operative movement is an important part of social and solidarity economy (SSE).

- **Democratic decision-making and ownership.**

All decisions in co-ops are taken democratically by their members. Primary members have equal voting rights – one member has one vote. Members also democratically control the capital of the co-op.

- **Cooperation as a means of relating to the world.** Co-ops are cooperating with other co-ops or other SSE initiatives and organisations and participate in building the co-operative movement, support their local community and respect non-human nature.

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# FOOD SOVEREIGNTY

ENVIRONMENTAL  
SUSTAINABILITY

BIODIVERSITY

COOPERATION

FAIR PRICE  
& FAIR SHARE

FARMERS  
& ANIMALS  
RIGHTS



# FOOD SOVEREIGNTY

Food Sovereignty aims to transform the entire food system: from socially and environmentally destructive to a regenerative one – employing resilient agricultural practices and respect to nature and all people.

Easy ways to join the movement:

- **Become local** - Choose from plentiful varieties on a local market rather than uniform industrial production in supermarkets.
- **Become a gardener** – on your own, in an allotment garden, or a community garden. Or get inspired by guerilla gardeners and look for a forgotten spot in the city!
- **Become part of a local Community Supported Agriculture group** (or start one)!
- **Join (or start) a food co-operative** - distribute healthy and sustainable food.
- **Be part of a policy change** – promote Food Sovereignty values!

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